

## A CASE STUDY – EFFICACY OF VAMAN KARMA IN THE MANAGEMENT OF OBESITY (STHAULYA) (A LIFE STYLE DISORDER)

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### ABSTRACT

Obesity is a state of excess of adipose tissue mass. Prevalence of obesity is increasing rapidly in most of industrialized world. Children's and adolescents also are becoming more obese. Indicating that, current trends will accelerate over time. There are multiple organ involved in obesity including cardiovascular, endocrine, gastrointestinal. According to modern, goal of therapy includes life style management, diet therapy, physical activity, pharmacotherapy and surgery. There are limitations to modern therapy. *Vaman karma* can give excellent result in obesity. A 45 years old patient came in OPD with c/o weight gain, heaviness in body, repeatedly rhinitis and k/c/o hypothyroidism since

16 years. He was willing for loss of weight. I had given *vaman karma*. It showed remarkable result in the weight loss. BMI decreased from 41.57 to 39.54.

**KEYWORDS:** Lifestyle disorder, Obesity, *Vaman Karma*.

### INTRODUCTION

The incidence of life style disease, like HTN, DM, Dyslipidemia, overweight and obesity associated with cardiovascular diseases is high on the risk because of the rapid economic development and increasing westernization of lifestyle in the few decades. Prevalence of these diseases has reached alarming proportions among Indians in the recent years. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders. The world is being attracted towards potential of Ayurveda and Ayurveda provides better solutions in the form of proper dietary management, proper life style changes

and *Panchakarma*. In *Panchakarma*, by the procedure of detoxifications and bifurcations, we can cure life style diseases and control progress of these diseases.

Obesity is one of the of the life style disorder. Obesity is increases rapidly in the most of industrialized world. Mostly, it associated with the multiple health problems like HTN, DM, Dyslipidemia, PCOD, PCOS, Hyperthyroidism, Cushing syndrome etc. According to survey, India is one of the top 10 obese nations in the world.

Obesity is the state of deposition of excess adipose tissue mass in the body parts like abdomen, hip region, thigh etc. Due to increasing body mass, it hampers person's day to day activity. It associated with symptoms like heaviness, bulkiness in the body, dyspnea on exertion, palpitation, weakness and so on.

Obesity can be correlated with *Sthaulya* in Ayurveda. According to Charak, the main etio-pathological process of *sthaulya* is *Meda Dhatu*. *Dathuagnimandhya* leads to excessive production of *Meda*. *Meda Dhatu* along with vitiated *Kapha Dosha* obstruct the natural pathway (*Strotorodha*). Due to this obstruction to the flow of *Vayu*, it gets aggravated (*Prakop*). This *Prakupita* *vayu* then stimulates the *Jatharagni* causing excessive appetite (*pseudo appetite*) and because of which person goes on consuming more food which again cause *Agnimandhya* and vicious cycle goes on repeating. Finally this leads to *Sthaulya*. The main pathological factor is vitiated *Kapha*. *Sthaulya* is included in *Kapha Nantmaj Vikar*.<sup>[2]</sup> *Vaman* indicated in *Kaphaja Vikar*<sup>[1]</sup>, hence it can be carried out in *Sthaulya*.

## AIMS AND OBJECTIVE

**Aim:** To study the efficacy of *Vaman Karma* in the management of Obesity.

### Objectives

To evaluate the cause of obesity as a lifestyle disorder.

To evaluate the effect of *Vaman Karma* as a *Panchakarma* therapy in Obesity.

## MATERIALS AND METHODS

### CASE REPORT

A 45 years old male patient of name xyz came in opd on 5/1/2017 with chief complaints of weight gain, heaviness in body and repeated rhinitis since 1 year. He was k/c/o hypothyroidism since 16 years and he was taking Tab Eltroxin 100µg OD at morning. He was under stressful condition due to obesity. For this he had taken allopathy medication and

he was doing exercise regularly but he did not get result so he came to Podar Medical (Ayu) Hospital Mumbai to reduced weight.

**On Examination:** Pulse Rate 70/ Min Regular

Blood Pressure 130/80 mm of Hg

Weight: 123kg

Height: 172 cm

BMI: 41.58 kg/m<sup>2</sup>

Waist measurement: 130 cm

Hip measurement: 135cm

Waist- Hip ratio:- 0.96

**Investigations:** All reports are normal.

### Treatment Plan

Diagnosis based on signs and symptoms of *Sthaulya*(obesity).

### METHODOLOGY

1. *Ampachana*- to Proper digestion

a. *Arogyavardhini Vati*: 250mg 2-2-2 } 15 days<sup>[5]</sup>

b. *Rasapachak Kwatha* 30 ml BD } 15 days<sup>[4]</sup>

2. *Arohankarma snehapan with gogruth- oleation*

- *Arohakarma Snehapan* with *Goghrut* was administered till 6<sup>th</sup> day upto 230ml till *Samyak Snigdha Lakshana* arises in the patient.

### Method of snehapan

- The initial dose was 30ml (*Hrisiyasi Matra*) with luke warm water early in the morning after digestion of last night meal.
- During this period, patient was advised to consume little quantity of hot water in between, to follow all restrictions of *Snehapan* in terms of diet, timings of food intake, nature of food and to avoid *Divaswap* (day sleep) and *Ratri Jagaran* (night work) etc.
- Patient was observed for *Sneha Jeeryamana*, *Sneha Jeerna* (digestion) symptoms. Based on the time of *Sneha Jeerna Lakshana*, the dose of *Sneha* for next day was decided.

### 3. *Vishramkala*- resting period

- *Abhangya* (massage) with *Tila Taila* and the *Petiswedana* (sudation) for 2 days
- *Pradhan karma*- On 2<sup>nd</sup> day, depending upon *Rogi* and *Rogibala* (strength patient and diseases) *Vaman* yoga decided.

### 4. *Vaman Karma*<sup>[6]</sup>

- *Vaman* Yoga:

Milk at 7.00PM: 1.5litre

Chatan with madanphala pippli chura:	4gm		at 7.30pm
Vacha Chura:	2gm		
Saindhav:	1gm		
Madhu:	10ml		
Madanphala pippli Kwath:	100ml		at 8.15am
Yashtumadhu fant:	200ml		

- *Yashtimadhu fant* is given according to *vegas*.
- *Veags*: *vaman vegas* started at 8.30am.
- Total number of *vegas* observed -8.
- *Pittantiki lakshana* appeared at 10.00am.
- *Dhumpan*<sup>[7]</sup>: *Dhumapana* with *Nirdosh Dhuma* is given at 10.00am.

### 5. *Samsarjan Karma prayog*<sup>[8]</sup>

- *Paschat Karma*: After successful completion of *vaman karma*, the patient was asked to follow *Samsarjan karma* on the basis of *Shuddhi Lakshana* from the same day evening for 5 days.

**Treatment duration: 1 month**

#### ASSESSMENT CRITERIA

##### Subjective

1. *Daurbalya*
2. *Swedadhikya*
3. *Daurgandhya*
4. *Nitradhikya*

5. Atisudha
6. Atitrushna
7. Jadyata (Heaviness in the body)

### Objective

1. Body mass index(BMI)
2. Waist hip ratio

### General symptoms score system

The clinical features of *sthaulya* were graded into four grades scale (0-3) on the basis of severity and duration of symptoms. Gradation was done the basis of severity and duration in four grade scale.

### Gradation of symptoms

- 0-No symptoms
- 1-Mild
- 2-Moderate
- 3-Severe

### RESULTS

SN	Symptoms/Signs	Before treatment	After Treatment
1	<i>Jadyata</i> (Heaviness in body)	3+	1+
2	<i>Daurbalya</i>	2+	1+
3	<i>Swedadhikya</i>	3+	1+
4	<i>Nidradhikya</i>	2+	1+
5	<i>Atishudha</i>	2+	1+
6	<i>Atitrushna</i>	2+	1+
	BMI	41.58	39.55
	Waist hip ratio	0.96	0.94

### DISCUSSION

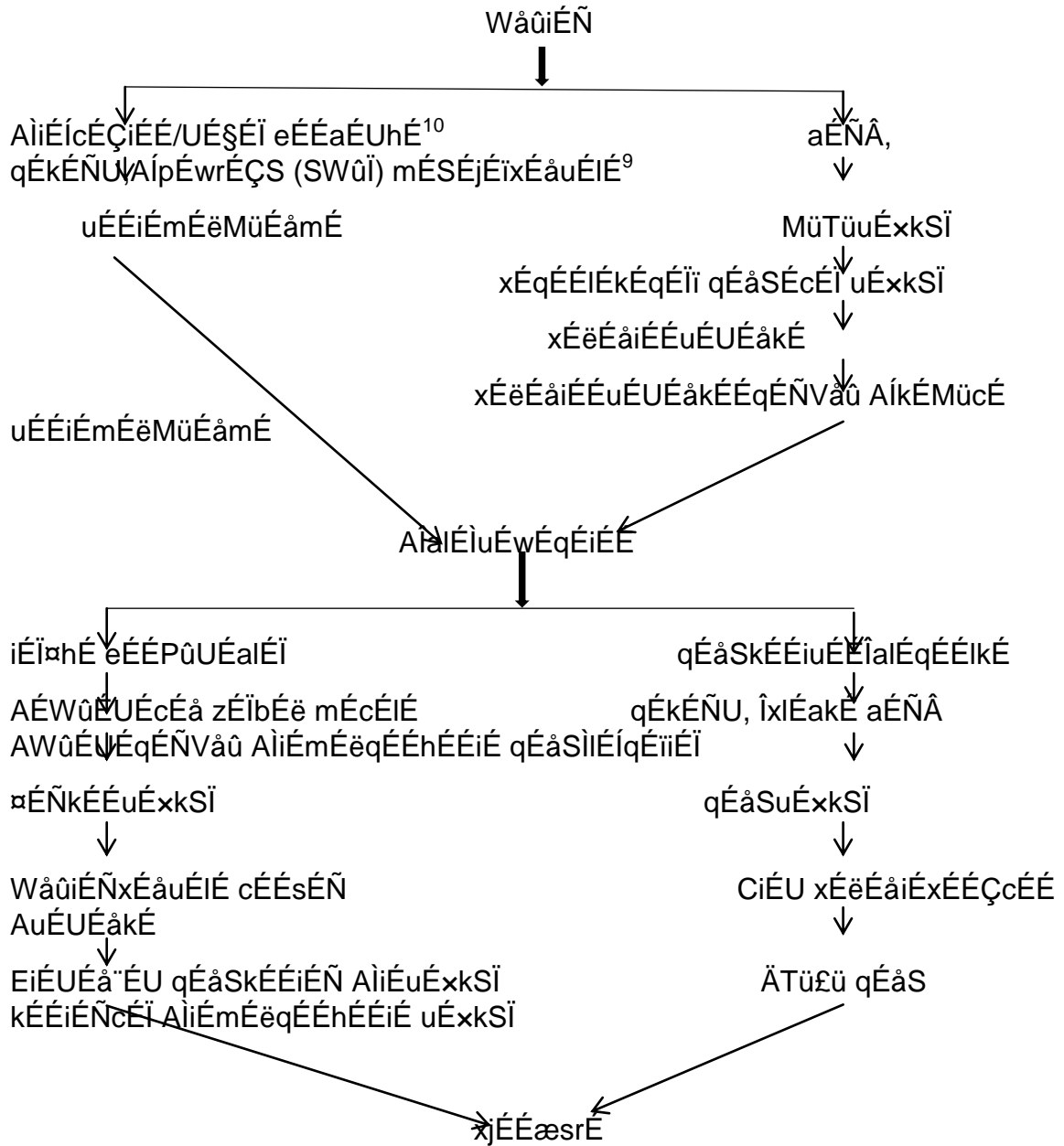
#### 1. *Hetu Vichar*

- Kaphaj and Medovas Strotas Dushti Hetu: Used curd like Madhur and Snigdha Gunatmak Ahar.
- Vata and Rasavas Strotas Dushti Hetu:
  1. Ratri Jagaran (late night sleep)
  2. Ati Chinta(Stress)

*Nidan parivarjan:* According to Acharya Sushruta, first treatment is *nidan parivarjan*. So, it is advised to avoid above *hetu*.

खेचमैमैः इचुरैरैः अैः इैः उैः एैः कैः || (खे. E. 1/25)

**2. Samprapti**



**3. Dosh Dhatu, Strotas Vichar**

**Dosha:** Kapha and Vata

**Dhatu:** Rasa and Meda dhatu

**Strotas:** Rasavaha and medovaha strotas

#### 4. Selection of drug for *pachan*

- Arogyavardhani Vati* –For *Medo Pachan* and *Meda Dhatu* agnivardhan<sup>[5]</sup>
- Rasapachak Kwatha* - For *Sama Rasa pachan*<sup>[3/4]</sup> *UxÉÏÏÉÍqÉ·ÉqÉåuÉ xjÉÉæsrÉÇ MüÉzrÉiÇ cÉ | (xÉÑ. xÉÔ. 15/37)*
- Abhyantar Snehapana* - It stimulate *Apana Vayu*. It makes *Anulomana gati* of *Apana Vayu*.

#### 5. *Abhyang* and *Petiswedan*<sup>[11]</sup>

- By this *Dosha Vilayan* occurs.
- It helps to *Dosha* to come in *Koshta*.

#### 6. *Vamna Karma*

- Sthaulya* disease occurs due to *Kapah Dosha*.
- Vitiated *Kapha* removed out by *Vaman Karma*.
- Removal of obstruction of *Kapha Dosha* over *Strotasa*, *Vata Dosha* comes under control and does normal function.

#### 7. *Samsarjan Karma*

- Shesh* dosh get metabolized.
- Extra fat get burnt.

### CONCLUSION

It is concluded from above case study that

- Total procedure of *Vaman kKarma* burns fat and reduces weight.
- Vitiated *Kapha* removed out from body.
- Due to this procedure, metabolic activity of body comes under control as it is acts on cellular level.
- It gives excellent result in obese patient to decrease weight.

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